



Meridian Health Solutions

Acupuncture • Chinese Herbs • Holistic Nutrition

Expect Great Results

Hellooo Summer!



Zong Zi filled with pork and mushrooms (left) or red beans (right)

Many East Asian cultures celebrate a version of the Dragon Boat Festival, which occurs on the 5th day of the 5th lunar month, or May 31 of this year. Chinese folk legend tells of a minister and poet who was a man of high moral integrity. To protest governmental

corruption, he drowned himself in a river in southern China. The local people so loved him that they quickly deployed boats for his search. They also threw rice balls into the river so the fish would eat those instead of his body.

Thus the festival that marks the beginning of mid-summer is celebrated with dragon boat racing and eating **zong zi** – delicious balls of sticky rice, pork, and beans wrapped up in bamboo leaves. The holiday is now mainly a festive affair, but it's nice to remember its origin of poetry and honor.



Practitioner Highlight

Fang Cai (Given name pronounced “Fong”, surname name Tzai”) became enamored with Chinese Medicine while studying abroad in China during college. She was Meridian Health Solutions’ first employee when Dagmar and Ken opened our doors, in 2004!

Over time, Fang became a partner in the business. She is the visionary behind our beautiful clinic building on Old Chapel Hill Road.

Having very sensitive skin, Fang unfortunately knows too well the suffering that skin diseases bring. That’s why she has done so much **specialty dermatology training** for issues such as eczema, psoriasis, and rosacea, and is so passionate about helping people feel comfortable in their own skin.

Fang loves solving clinical puzzles that improve her patients’ lives, and her current obsession is helping women (including herself!) navigate the confusing landscape of perimenopause/menopause, so we continue to live strong and vibrant lives for the decades to come.

Tea Update



Green tea processing by our supplier in Yunnan province

OMG we're so excited to share the new teas with you! We've ordered tried and true favorites such as Green and Jasmine, but also something new to us: a wild-harvested Purple Shoot that's so beautiful and tastes like sunshine on grass and berries. The shipment, en route from China, is delayed as everyone is navigating new tariffs and international shipping. Please send light for its safe passage, and keep your eyes peeled for a tea tasting soon!

Fee Increase for Acupuncture and Massage at MHS

Beginning June 1, there will be a \$10 increase in our service rates*. This adjustment helps us continue to provide the high quality of care that you've always relied on from MHS, and maintain the exceptional healing environment. As always, we deeply appreciate your understanding and continued support of this wonderful medicine.

* Increase applies for all practitioners except Dagmar and Ken

